

# Winning Attitudes and Beliefs for Success

## Creating Happiness and Success in Any Situation

The current economic climate has altered the way people feel and think about the future and has seriously impacted on people's personal happiness and on their performance and effectiveness in work. More and more people feel

- apprehensive and uncertain about the future.
- that unhappiness and lack are now an inevitable part of their future lives.
- success is no longer in their hands.
- no matter what they do it will make no difference.

Our "Winning Attitudes and Beliefs" programme transforms the way people think and feel about the challenges they face. In this programme we provide the tools and techniques that will help people to actually increase their business success and personal happiness no matter what their current circumstances are. Although the solutions we offer are important in any circumstances many of them have become particularly relevant in the current climate.

### Benefits of Attending Our Programme

During this interactive workshop participants will

- learn about the amazing power of self belief and the key role this can play in the successes or failures in their lives.
- identify and understand the current limiting beliefs they hold.
- discover tools and techniques that will transform them into empowering beliefs.
- learn how to focus on the positive things in their lives and deal more confidently and effectively with the challenges that may arise.
- understand how failure and persistence is vital in ultimately achieving great success.
- become more confident about their ability to make a difference in their work and home lives.
- have a lot of fun learning these tools.

The ultimate result of the workshop for those who attend is increased happiness and greater effectiveness in both their work and home lives. They will have a more empowering belief system and will feel more confident in their ability to achieve success in any circumstances.

### Options Available

Our "Winning Attitudes and Beliefs" programme can be delivered in a variety of ways depending on the number of staff involved and the budget available. For example we can provide

- A one day training programme. This provides a detailed exploration of the tools and techniques we cover and individual analysis of each participant's challenges in this area.
- A short seminar which is ideal for larger groups (usually between 20 and 200). This covers all the key learning points and is still delivered in a fun and highly interactive way. It can run for between 1 and 3 hours depending on the needs of the group.
- One to one sessions which are often offered to senior employees who are highly challenged by the topics covered.

## Who would benefit from this programme

This programme is ideal for people at all levels in an organisation as well as those who are self employed or even unemployed. In recent times we have found that there are very few (if any) people who will not benefit from the opportunity to increase their confidence, positivity and ability to deal with the challenges ahead.

## About the Speaker – Mick Rock



Mick is a dynamic prize winning speaker who has inspired audiences of all shape and sizes. His sessions are always thought provoking, lively and highly entertaining. He knows how to fully engage his audiences to ensure they thoroughly enjoy his sessions and understand the key learning points that, when implemented, will transform their lives.

He is extremely passionate about his role in helping people achieve success in life and business. As a qualified Executive and Life Coach and a Motivational Speaker he has helped hundreds of people to set up their own businesses, obtain greater work life balance and achieve a wide variety of goals. And with over 20 years business experience, he understands the increasing challenges that people in business face.

## Feedback from previous participants

Mick's seminars and training programmes consistently receive very positive feedback from the people who participate. Here are just a few examples.

"I just felt had to take the time to thank you for an absolutely wonderful, informative and motivational talk. I have studied a lot of Tony Robbins, Napoleon Hill's and Stephen Covey's work but I have to say your delivery of the material is fantastic. My friend, who is new to this type of material, left the seminar feeling energized and motivated."

**Michael Hegarty BSc, PgD, MSc**  
Course Participant, Fingal County Enterprise Board Seminar

"What a fantastic presentation you delivered in the DCU Ryan Academy. I thoroughly enjoyed it. Your professional yet informal approach connected with the audience and created a positive, energetic atmosphere, packed with practical suggestions for continuous personal growth."

**Margaret Wilson**  
Course Participant, DCU Ryan Academy

For more feedback on this and other Act Now events go to [www.actnow.ie/client-feedback/](http://www.actnow.ie/client-feedback/)

## Costs

The cost of the programme will depend on the duration which can vary from 1 hour to 1 day and also on the number of participants. As we can work with very large groups it can be a very cost effective solution that can work out as low as €5.00 per participant for larger groups.

"I just want to say that I thoroughly enjoyed your speech at the Irish Coach Institute's Annual Conference. Your material was fascinating and you presented it in an extremely interesting and entertaining manner. You got a great reaction from all of the audience. I personally learnt a lot of new techniques that I am looking forward to applying in my own life."

**Ann Ward**  
Rural Community Network

"Mick delivered a really interesting lecture on Motivation at our Annual Conference. In these difficult times people are generally more downbeat in their daily lives and Mick explained in very simple but entertaining terms how we can go about our lives in a more positive fashion"

**Joy Markey**  
Chairperson, Irish Association of Sterile Service Managers

